# Lauds Propers

*Wednesday of Holy Week*

## Invitatory Psalm Antiphon

Come, let us worship Christ **the** Lord, * who for our sake endured temptation and suffer*ing.*

## First Psalm

*Psalm 77*

Recalling God's works

*We suffer all kinds of afflictions and yet are not overcome (2 Corinthians 4:8)*

Cantor: In the day of my distress, I reached out with my hands to seek the Lord's *help.*

East Choir: I cry aloud **to** God, *
cry aloud to God that he may hear *me.*
In the day of my distress, I reached out with my hands to seek the Lord's *help.*

West Choir: In the day of my distress I seek **the** LORD. *
In the night my hands are raised unwearied;
my soul refuses com*fort.*
As I remember my God, **I** groan. *
I ponder, and my spirit *faints.*
In the day of my distress, I reached out with my hands to seek the Lord's *help.*

East Choir: You keep my eyes from **clo**sing. *
I am troubled, unable to *speak.*
I think of the days of long **a**go, *
and remember the years long *past.*
At night I muse within **my** heart. *
I ponder, and my spirit ques*tions.*
In the day of my distress, I reached out with my hands to seek the Lord's *help.*

West Choir: "Will the LORD reject us for**e**ver? *
Will he show us his favor no *more?*
Has his mercy vanished for**e**ver? *
Has his promise come to an *end?*
Has God forgotten his **mer**cy, *
or in anger withdrawn his compas*sion?"*
In the day of my distress, I reached out with my hands to seek the Lord's *help.*

East Choir: I said, "This is what causes **my** grief: *
that the right hand of the Most High has *changed."*
I remember the deeds of **the** LORD, *
I remember your wonders of *old;*
I muse on all **your** works, *
and ponder your mighty *deeds.*
In the day of my distress, I reached out with my hands to seek the Lord's *help.*

West Choir: Your way, O God, is in the ho**ly** place. *
What god is as great as our *God?*
You are the God who works **won**ders. *
Among the peoples you showed your pow*er.*
Your strong arm redeemed your **peo**ple, *

the descendants of Jacob and Jo*seph.*
In the day of my distress, I reached out with my hands to seek the Lord's *help.*

East Choir: The waters saw you, **O** God, *
the waters saw you and an*guished.*
Yes, the depths were moved to **trem**ble. *
The clouds poured down with *rain.*
The skies sent forth **their** voice; *
Your arrows flashed to and *fro.*
In the day of my distress, I reached out with my hands to seek the Lord's *help.*

West Choir: Your thunderous voice was in the whir**l**wind; *
your flashes lighted up the *world.*
The earth was moved and **trem**bled. *
Your way was through the *sea,*
your path through the mighty **wa**ters, *
but the trace of your steps was not *seen.*
In the day of my distress, I reached out with my hands to seek the Lord's *help.*

East Choir: You guided your people like **a** flock *
by the hand of Moses and Aa*ron.*

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
*(profound bow)* as it was in the beginning is now,
and ever shall be world without end. A*men.*

Cantor: Father, you established your ancient covenant by signs and wonders, but more wondrously you confirmed the new one through the sacrifice of your Son. Guide your Church through the pathways of life, that we may be led to the land of promise and celebrate your name with lasting praise.

Full Choir: In the day of my distress, I reached out with my hands to seek the Lord's *help.*

## Canticle

1 Samuel 2:1-10

The humble find joy in God

*He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things (Luke 1:52-53)*

Cantor: If we have died with Christ, we believe that we shall also live with *Christ.*

East Choir: My heart exults in **the** Lord, *
my horn is exalted in my *God.*

West Choir: I have swallowed up my e**ne**mies; *
I rejoice in my victo*ry.*
There is no Holy One like **the** Lord; *
there is no Rock like our *God.*

East Choir: Speak boastfully no **lon**ger, *
nor let arrogance issue from your *mouths.*
For an all-knowing God is **the** Lord, *
a God who judges *deeds.*

West Choir: The bows of the mighty are **bro**ken, *

while the tottering gird on *strength.*
The well-fed hire themselves out **for** bread, *
while the hungry batten on spo*il.*
The barren wife bears se**ven** sons, *
while the mother of many languish*es.*

East Choir: The Lord puts to death and **gives** life; *
he casts down to the nether world;
he raises up a*gain.*
The Lord makes poor and **makes** rich, *
he humbles, he also e*xalts.*

West Choir: He raises the needy from **the** dust; *
from the ash heap he lifts up the *poor,*
to seat them with **no**bles *
and make a glorious throne their heri*tage.*

East Choir: For the pillars of the earth are **the** Lord's, *
and he has set the world upon *them.*
He will guard the footsteps of his faith**ful** ones, *
but the wicked shall perish in the dark*ness.*
For not by strength does man **pre**vail; *
the Lord's foes shall be shat*tered.*

West Choir: The Most High in heaven **thun**ders; *
the Lord judges the ends of the *earth.*
Now may he give strength to **his** king *
and exalt the horn of his anoin*ted!*

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
*(profound bow)* as it was in the beginning is now,
and ever shall be world without end. A*men.*

Full Choir: If we have died with Christ, we believe that we shall also live with *Christ.*

## Second Psalm

Psalm 97

The glory of the Lord in his decrees for the world

*This psalm foretells a world-wide salvation and that peoples of all nations will believe in Christ. (St. Athanasius)*

Cantor: God has made Christ Jesus our wisdom and our ho**li**ness. *
By him we have been sanctified and re*deemed.*

East Choir: The LORD is king, let earth **re**joice; *
let the many islands be *glad.*
Cloud and darkness sur**round** him; *
justice and right are the foundation of his *throne.*
God has made Christ Jesus our wisdom and our ho**li**ness. *
By him we have been sanctified and re*deemed.*

West Choir: A fire prepares **his** path; *
it burns up his foes on every *side.*
His lightnings light up **the** world; *
the earth looks on and trem*bles.*

God has made Christ Jesus our wisdom and our ho**li**ness. *
By him we have been sanctified and re*deemed.*

East Choir: The mountains melt **like** wax *
before the face of the LORD,
before the face of the LORD of all the *earth.*
The skies proclaim his **jus**tice; *
all peoples see his glo*ry.*
God has made Christ Jesus our wisdom and our ho**li**ness. *
By him we have been sanctified and re*deemed.*

East Choir: Let those who serve idols be **a**shamed, *
those who boast of their worthless *gods.*
All you angels, wor**ship** him. *
Sion hears and is *glad;*
the daughters of Judah **re**joice *
because of your judgments, O *LORD.*
God has made Christ Jesus our wisdom and our ho**li**ness. *
By him we have been sanctified and re*deemed.*

West Choir: For you indeed are **the** LORD, *
most high above all the earth,
exalted far above all *gods.*
God has made Christ Jesus our wisdom and our ho**li**ness. *
By him we have been sanctified and re*deemed.*

East Choir: The LORD loves those who hate **e**vil; *
he guards the souls of his faithful;
he sets them free from the wic*ked.*
God has made Christ Jesus our wisdom and our ho**li**ness. *
By him we have been sanctified and re*deemed.*

West Choir: Light shines forth for the **just** one, *
and joy for the upright of *heart.*
Rejoice in the LORD, **you** just; *
to the memory of his holiness give *thanks.*

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
*(profound bow)* as it was in the beginning is now,
and ever shall be world without end. A*men.*

Cantor: Father, you clothe the sky with light and the depths of the ocean with darkness. Among the sons of men you work wonders, and rain terror upon the enemy. Look upon your servants. Do not try us by fire but bring us rejoicing to the shelter of your home.

Full Choir: God has made Christ Jesus our wisdom and our ho**li**ness. *
By him we have been sanctified and re*deemed.*

## Reading

*Isaiah 50:4b-7*

Lector: The Lord God opens my ear that I may hear; and I have not rebelled, have not turned back. I have my back to those who beat me, my cheeks to those who plucked my beard; My face I did not shield from buffets and spitting. The Lord God is my help, therefore I am not disgraced; I have set my face like flint, knowing that I shall not be put to shame.

*(Silent Reflection)*

## Responsory

Lector: By your own blood, Lord, you brought us back to God.
Full Choir: *By your own blood, Lord, you brought us back to God.*
Lector: From every tribe, and tongue, and people and nation,
Full Choir: *-you brought us back to God.*
Lector: (all: profound bow) Glory be to the Father and to the Son and to the Holy Spirit.
Full Choir: *By your own blood, Lord, you brought us back to God.*

## Benedictus Antiphon

Through the eternal Spirit, Christ offered himself to God as the perfect sac**ri**fice. *
His blood purifies us from sin and makes us fit servants of the living *God.*

## Intercessions

Lector: Let us pray to Christ our **Sa**vior, * who redeemed us by his death and resurrec*tion:*
Full Choir: Lord, have mercy on *us.*
Lector: You went up to Jerusalem to suffer and so enter into your **glo**ry. * Bring your Church to the Passover feast of hea*ven.*
Full Choir: Lord, have mercy on *us.*
Lector: You were lifted high on the cross and pierced by the sol**dier's** lance. * Heal our *wounds.*
Full Choir: Lord, have mercy on *us.*
Lector: You made the cross the tree **of** life. * Give its fruit to those reborn in baptis*m.*
Full Choir: Lord, have mercy on *us.*
Lector: On the cross you forgave the repen**tant** thief. * Forgive us our *sins.*
Full Choir: Lord, have mercy on *us.*

## Prayer

**Fa**ther, in your plan of salvation your Son Jesus Christ accepted the cross and freed us from the power of the enemy. * **May** we come to share the glory of his resurrection, for he lives and reigns...